



# State of Utah

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## NEWS RELEASE

August 9, 2001

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## 10 Simple Things You Can Do To Conserve Energy

Year after year, Utah's August forecast can be summarized in three letters: h-o-t. Traditionally Utah's hottest month, August is also the month when Utahns consume the most electricity. Which makes it the perfect month to conserve electricity, no matter how hot it gets. "Energy conservation is something we should practice throughout the year, day in and day out, because it saves electricity, reduces our electricity bills and protects our economy from high electricity prices," said Jeff Burks, director of Utah's Energy Office. "However, August is the month when our efforts to conserve electricity can really pay off. From a conservation standpoint and from an economic perspective, this is the time of year when we run the greatest risk of exposure to high electricity prices, and when conservation can do the greatest good."

While Utah's electricity is among the most reliable and least expensive in the nation, there have been times during the past year when demand has outstripped supply. At such times, Utah's electric utilities are forced to buy extra power in the wholesale spot market. This can be costly, with wholesale prices often 3-10 times more than it costs local utilities to generate the power. And those costs are passed on to consumers, through high summer power bills and increased power rates from year to year.

"The time to begin serious conservation efforts is now," said Burks, who manages Governor Michael O. Leavitt's recently announced statewide PowerForward energy conservation initiative. "We need to avoid paying out-of-state wholesale suppliers high prices for our electricity and keep that money in Utah." The PowerForward initiative was launched in an attempt to empower consumers with practical, timely information on simple, voluntary actions they can take to conserve electricity.

"We're not asking Utahns to dramatically change their lifestyle – just to be sensible in their use of electricity," Burks said. "We hope to make consumers more aware of those times during the day when energy conservation makes the biggest contribution to maintaining reliable and affordable supplies of electricity for Utah consumers. If everyone helps out just a little, the payoff for all of us will be dramatic."

What does it mean to "help out just a little"? Following are 10 simple things you can do to conserve energy this summer:

- 1. Turn off lights, TVs, VCRs and computers when not in use.** It sounds almost too simple, but take a look around your house – you may be surprised at how many lights and appliances you find running without anyone using them.

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2. **Use compact fluorescent light bulbs in fixtures that remain on three or more hours per day.** Yes, they're more expensive than traditional light bulbs. But, they also use 75 percent less energy and have 6-10 times the life expectancy. The money they save on your electricity bill will be noticeable.
3. **Install light dimmers, motion sensors or timers.** Use lights only when you need them.
4. **Set your thermostat for 78 degrees or higher if health permits.** Use fans instead of air conditioning when possible.
5. **Use the "air dry" cycle on dishwashers instead of "heat dry."** Wait to run your dishwasher late at night, so the dishes can dry overnight.
6. **Do laundry after 8 p.m. or on weekends.** The most critical time for energy conservation is from 2-8 p.m. on weekdays. Anything you can do to shift power use to hours before or after that six-hour daily block is helpful.
7. **Cook in a microwave oven or on an outdoor grill instead of using electric ovens.** And you thought you barbecuing was just for fun! You didn't know you were conserving energy while you grilled those hot dogs.
8. **If you have a second refrigerator, avoid using it.** Unplug it if you can.
9. **Line dry clothes instead of using electric clothes dryers.** Just like Mom used to do – and you'll love the fresh smell!
10. **Open windows at night.** Take advantage of the natural cooling effect of lower nighttime temperatures.

"Simple things – that's all we're asking people to do," Burks said. "But those simple, easy things can make a big difference if we're all doing them. If everyone will help a little, it will help a lot."

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